



Poet's Seat

HEALTH CARE CENTER

Quarterly News - Fall 2011

Administrator's Note: Dispelling the myths of rehabilitation



The week of September 18–24 is National Rehabilitation Awareness Week. Its goal is to celebrate the powers of rehabilitation and share the message that through rehab there is

hope, achievement and success. As a long-time dedicated provider of rehabilitation to the community, Poet's Seat Health Care Center understands it is our responsibility to continually educate people on its overall benefits, as well as dispel some of the common misconceptions associated with rehab.

The most common misconception is that rehabilitation 'hurts.' The reality is that, what hurts is your injury. One of the main objectives of rehab is to decrease—or eliminate—your pain and discomfort. A therapist will conduct a full assessment of your condition and pinpoint the cause and nature of your pain. The patient is encouraged to communicate with the therapist throughout the session to indicate if pain occurs and is never forced to proceed with an exercise beyond their tolerance of discomfort.

There are many people who believe that rehabilitation is only for athletes and sports professionals. This couldn't be further from the truth. Rehabilitation is for anyone who needs it, regardless of their age, size, body mechanics or movement patterns. Research has shown that therapy for children and adolescents can increase independence, mobility and social adjustment. Short- and long-term skilled nursing facilities throughout the country are seeing an increase in need for rehabilitation by their residents. Generally, the most applicable candidates are those that have been in accidents, suffer from arthritis, pre- and post-operative patients and those with general deconditioning or strains.

There are a number people who discount rehabilitation practices, believing that they know how to exercise prop-



erly and manage their own pain. This "I can do it myself" approach will likely only prolong the discomfort and ultimately lead to a decline in the already weakened condition. With rehabilitation, a trained therapist will create a customized plan—specific to your needs—ensuring the quickest and safest possible recovery. You will also be thoroughly educated about your condition and be taught the proper exercises and activities that will improve your mobility and performance, while also decreasing your pain.

Rehabilitation is often criticized as being "boring" or "repetitive." The tried-and-true basic procedure of movement and repetition has been the foundation of success in rehabilitation. However, technological advances have been expanding rehab's scope of success and aims to motivate patients and keep them engaged in their recovery. New approaches using electronic components, such as anti-gravity treadmills and virtual gaming devices (similar to the Wii system) have proved to accelerate the maximum recovery of patients' cardiovascular fitness. Hydrotherapy—a long-standing practice used in rehab—is being expanded upon by now combining treadmills and moveable floors immersed in a pool.

Poet's Seat Health Care Center—along with other rehabilitation and skilled nursing facilities across the country—will be celebrating National Rehabilitation Awareness Week this September. We are committed to promoting the value of rehabilitation and honoring the dedicated professionals who provide service to people with disabilities or other physical limitations. We are committed to giving each of our residents the highest quality of therapy possible.

Sincerely,

Patrick McManus

Administrator

It's not just about the care...it's about the caring.

What's New at Poet's Seat...

Family picnic experiences the Wild West

On Wednesday, August 10, Poet's Seat Health Care Center held its annual Family Picnic on a beautiful sunny afternoon for all residents and their families. This year's picnic was a Western theme, with staff and residents donning their best 'Wild West' attire. We would like to thank all of the friends and family members that were able to join us and help make the picnic a wonderful time for everyone.



At right, activities staff member Cathy Stevens assists one of our residents in making her marshmallow sculpture.

Marshmallow sculpting contest

On August 17th, the residents of Poet's Seat Health Care Center competed in the annual marshmallow sculpting contest. Participants formed teams to use marshmallows, pretzels, gumdrops and frosting to construct their masterpieces, which were judged on originality and creativity. All of the residents and staff had a great time at the hour-long event. In the end, the first prize medal went to the team of Sybil Moore, Pauline Porlier and Janet Flemming, who created a sculpture of a family sitting in their living room, watching *I Love Lucy*.

Field Trip



In July, the residents went on their monthly field trip to Historic Deerfield. They had the opportunity to tour the homes and learn about the history of the area. They were the first group from a nursing facility to tour the homes, and everyone enjoyed a great afternoon.

Realizing rehabilitation's potential

The week of September 18-24 is National Rehabilitation Awareness Week. At Poet's Seat Health Care Center, we are proud to provide our residents (both short- and long-term) with exceptional rehabilitation services. If you are not familiar with what this entails, the general nature of rehab has the potential to be rather confusing and intimidating. It is important to understand the different types of therapy and their primary objectives.



Diane Morrison
Occupational Therapist

Physical Therapy focuses primarily on pain relief, promoting healing and restoring function and movement (such as walking) associated with injury.

Occupational Therapy is similar to physical therapy. However, it focuses more on assisting patients with performing routine daily tasks (such as sweeping the floor or preparing a meal).

Speech and Language Pathology evaluates, diagnoses and treats speech, language, cognitive-communication and swallowing disorders in individuals. This also includes strengthening facial muscles to provide for easier eating and swallowing.

Respiratory Therapy evaluates and treats a variety of respiratory conditions that profoundly affect a person's quality of life, such as Chronic Obstructive Pulmonary Disease (COPD), Asthma, Emphysema, Chronic Bronchitis, Pulmonary Fibrosis and Cystic Fibrosis. It allows the patient to understand their disease, manage its limitations and improve maximum potential and independence at home.

Rehabilitation treatment is generally available by two different options: in-patient or out-patient. In-patient therapy requires a short-term stay (ranging anywhere from a few days to a couple of months) at a hospital or skilled nursing facility. With out-patient therapy, no stay is required. You can simply arrive for your scheduled appointment.

At Poet's Seat Health Care Center, we are very fortunate to have such a dedicated and experienced rehabilitation staff. Diane Morrison serves as our occupational therapist. In her time here, she has helped hundreds of residents achieve their rehabilitation goals and return home happy and safe. The most common ailment that she sees is extensive deconditioning or weakness of the body derived from a lengthy bed rest associated with injury or illness.

Continued on back page



Feel happier, be healthier

In a recent article published by AARP, it was reported that a positive attitude throughout the day really can make a difference in your overall health. Happiness can be a powerful antidote to stress, pain and illness.

We are all aware of the physical actions we take to improve our health, such as eating well, exercising and not smoking. However, most of us probably don't give much thought to developing a positive attitude.

Adopt an animal companion

In addition to providing companionship and a warm welcome home, pets lend a willing and helpful ear. Studies have found that dog owners are often as emotionally close to their pets as to their closest family member.

Listen to more music

Soothing, melodic music diffuses stress and provides comfort. Relaxing music serves as an easy and safe way to improve sleep. It helps keep both your mind and body healthy, resilient, and it activates specific brain regions involved in emotional memory.

Having yourself a good laugh

It's good for you to laugh. It prompts physical changes that help the immune system function better. Positive emotion like laughter has the opposite effect of stress, releasing chemicals that allow blood vessels to open.

Get outside

People who participate in outdoor activities are significantly less angry, depressed and tense. Physical exercise and increased stamina associated with being outdoors yield important benefits as people become older, including walking, gardening, fishing and boating.

Helping others

Volunteers who contribute their time to community organizations or help friends and family, report greater happiness and better health than those who don't.

To read the entire article, or to learn more about developing a positive attitude and improving your health, visit the AARP website at www.aarp.org/health.

Upcoming Special Events

Free Community BBQ

Join us on Friday, Sept. 23 for our Community BBQ from 4–6 pm at our location, 359 High Street in Greenfield. This event is completely **free** and open to the entire community. We'll be serving:



- Pulled-pork sandwiches
- Fish
- Hot dogs
- Locally-grown corn-on-the-cob
- Salads
- Beverages
- More

As a proud member of the community since 1966, Poet's Seat Health Care Center is happy to provide this fun-filled evening of great food and family entertainment to all of our neighbors in celebration of National Rehabilitation Awareness Week. We look forward to seeing you there!

Poet's Seat Health Care Center is managed by Somerset Health Care Management Group.

Rehabilitation cont.

“Our approach to rehabilitation is multifaceted,” says Diane. “There is more to it than just the physical aspect of therapy. We incorporate a spiritual and emotional direction to it as well.” Education and instruction helps the patient realize that good health comes from within, which empowers them to take responsibility for their own health.

Diane recalls a recent incident where a resident came to Poet's Seat Health Care Center. “She really wanted to go home. But due to her advanced stages of deconditioning, it seemed as though that window of opportunity had closed.” The rehabilitation team worked with her extensively, and helped shift her mind-set from that of hopeless dejection to believing in herself and her ability to guide her own outcome. The resident worked hard and quickly became empowered—not overwhelmed. She was able to work herself back to health, and was eventually discharged to go home.

“We truly believe that all healing is self-healing,” says Diane. “And we are the facilitators.”

359 High Street
Greenfield, MA 01301
Phone: 413-774-6318
Fax: 413-773-0060

POET'S SEAT HEALTH CARE CENTER

It's not just about the care...it's about the caring.